Temporal Detachment Protocol: A Mathematical–Psychological Framework for Self-Location in the Present

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Abstract:

This paper outlines a verbal–kinetic intervention for dissolving residual psychological intrusions. It combines temporal distancing, symbolic address, and proprioceptive release gestures into a unified protocol. The method is formalised mathematically as a finite-state transition from Intrusion-State to Now-State, with temporal vector reassignment and harmonic protective fields.

1. Introduction

Intrusive mental content often maintains a pseudo-present existence, producing unnecessary cognitive load and emotional arousal.

We present a compact, embodied phrase–gesture sequence designed to:

Acknowledge and de-power the intrusive symbol (“devil”).

Temporally reassign it to a completed past (“three days ago”).

Anchor self-protection via an archetypal ally (“Nature’s got my back”).

Physically detach via the “shoulder rub” gesture, mapping kinesthetic motion to time displacement.

Affirm present localisation (“321 I’m here in my now”).

2. Conceptual Components

2.1 Symbolic Address (S)

Target is named directly:

𝑆

→

Acknowledgement

S→Acknowledgement.

Avoids suppression paradox (Wegner, 1994).

2.2 Temporal Vector Reassignment (T)

Statement “I did that three days ago” produces vector shift:

𝑇

𝑖

𝑛

𝑡

𝑟

𝑢

𝑠

𝑖

𝑜

𝑛

∈

𝑅

+

→

𝑇

𝑝

𝑎

𝑠

𝑡

with

Δ

𝑡

>

0

T

intrusion

​

∈R

+

→T

past

​

withΔt>0

Intrusion is reassigned to a fixed temporal coordinate

𝑡

𝑝

𝑎

𝑠

𝑡

=

𝑡

𝑛

𝑜

𝑤

−

3

t

past

​

=t

now

​

−3.

2.3 Protective Anchor (P)

“Nature’s got my back” invokes ecological archetype as shielding matrix:

𝑃

:

Ally

→

Reduction in perceived threat

P:Ally→Reduction in perceived threat

Protective field

𝐹

𝑃

F

P

​

reduces susceptibility:

𝐹

𝑃

∝

1

intrusion\_impact

F

P

​

∝

intrusion\_impact

1

​

2.4 Kinesthetic Displacement (K)

Shoulder-rub gesture is mapped as:

𝐾

:

Proprioceptive Contact

→

Eject to Past Vector

K:Proprioceptive Contact→Eject to Past Vector

Motion path:

𝑀

(

𝑠

)

M(s) = sweep from acromion process to distal fingertips, directed away from the body axis.

2.5 Present-State Affirmation (N)

“321 I’m here in my now” is a temporal lock:

𝑁

:

{

Countdown

→

Cognitive Centering

}

N:{Countdown→Cognitive Centering}

Modeled as:

lim

⁡

𝑛

→

0

Distraction

(

𝑛

)

=

0

n→0

lim

​

Distraction(n)=0

3. Mathematical Model

Let

Ψ

(

𝑡

)

Ψ(t) represent the subject’s psychological state at time

𝑡

t.

We define:

Intrusion-State:

Ψ

𝑖

=

{

𝑆

,

𝑇

=

0

,

𝑃

=

0

,

𝐾

=

0

,

𝑁

=

0

}

Ψ

i

​

={S,T=0,P=0,K=0,N=0}

Now-State:

Ψ

𝑛

=

{

𝑆

𝑎

𝑐

𝑘

,

𝑇

<

0

,

𝑃

>

0

,

𝐾

>

0

,

𝑁

=

1

}

Ψ

n

​

={S

ack

​

,T<0,P>0,K>0,N=1}

The transformation is:

Ψ

𝑛

=

𝑁

(

𝐾

(

𝑃

(

𝑇

(

𝑆

(

Ψ

𝑖

)

)

)

)

)

Ψ

n

​

=N(K(P(T(S(Ψ

i

​

)))))

Where:

𝑆

S = symbolic address

𝑇

T = temporal vector reassignment

𝑃

P = protective field generation

𝐾

K = kinesthetic displacement

𝑁

N = present-state affirmation

This nesting ensures sequential execution and cumulative effect.

4. Harmonic Layer (Optional Integration)

If aligned with the Crystal7 Pyramid Healing Protocol, the verbal output can be tuned to frequencies:

132 Hz at “devil” — cutting tether.

432 Hz at “Nature’s got my back” — sealing field.

The harmonic function:

𝐻

(

𝑓

)

=

∑

𝑖

=

1

𝑛

𝑎

𝑖

sin

⁡

(

2

𝜋

𝑓

𝑖

𝑡

)

H(f)=

i=1

∑

n

​

a

i

​

sin(2πf

i

​

t)

with

𝑓

1

=

132

f

1

​

=132,

𝑓

2

=

432

f

2

​

=432 for optimal symbolic effect.

5. Conclusion

The protocol serves as a compact cognitive–somatic loop-breaker.

It achieves:

Acknowledgement without fusion (S)

Past reassignment (T)

Protective anchoring (P)

Physical release (K)

Present locking (N)